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Election showdown

The 10-month-long campaign to become Toronto's next mayor is over. Look inside for our down-to-the-wire coverage of this roller-coaster race for the city's top job.

Leading candidates return to their central themes in final words to voters PAGE 4
The four most interesting ward races to watch, including Rob Ford's PAGE 6
Your all-you-need-to-know kit to help you cast your ballot PAGE 7

NEWS WORTH SHARING.

Radio host Jian Ghomeshi, pictured here in 2012, alleges he was fired by the CBC "because of the risk of (his) private sex life being made public as a result of a campaign of false allegations." He made the claim in a Facebook post Sunday after the CBC announced it was parting ways with him.
PHILIP WALKER/TORSTAR NEWS SERVICE

CBC fired me over consensual 'rough sex': Ghomeshi

'False allegations.'
Popular radio host plans to sue public broadcaster for $50 million

Q radio host Jian Ghomeshi says he has been fired from the CBC because the public broadcaster believed his "sexual behaviour was unbecoming of a prominent host" on the network.

Ghomeshi made the claim in a startling Facebook post that lit up the Internet Sunday that surfaced just hours after CBC issued a statement saying it was severing ties with the popular personality because of "information" it had received. A Toronto law firm representing Ghomeshi then issued a statement saying it would launch a lawsuit against the CBC.

"I've been fired from the CBC because of the risk of my private sex life being made public, as a result of a campaign of false allegations pursued by a jilted ex-girlfriend and a freelance writer," Ghomeshi said in the post, which a publicist confirmed was written by him.

In the post, Ghomeshi said he has "always been interested in a variety of activities in the bedroom" but engages only in "sexual practices that are mutually agreed upon" and consensual, and exciting for both partners."

He said he began to date a woman two years ago and that they had a relationship that involved "rough sex" and "forms of BDSM."

He went on to say he ended their relationship earlier this year, which upset the woman, and that early in the spring there was "a campaign of harassment, vengeance and demonization."

Ghomeshi said he has been open with CBC about the matter and that he has "never believed it was anyone's business" what he does in his private affairs but that he wanted his bosses to be aware of the situation.

"CBC has been part of the team of friends and lawyers assembled to deal with this for months," he wrote.

"On Thursday I voluntarily showed evidence that everything I have done has been consensual. I did this in good faith and because I know, as I have always known, that I have nothing to hide. This when the CBC decided to fire me."

THE CANADIAN PRESS

For more details on this story, see page 3

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CBC will contest lawsuit vigorously: Spokesman

Court. Legal action will claim general and punitive damages for breach of confidence and bad faith: Law firm

On his Facebook post Sunday, Q radio host Jian Ghomeshi had more to say about his firing from the CBC and asserted that the broadcaster agreed there was consent from his partners in the "variety of activities in the bedroom."

"CBC execs confirmed that the information provided showed that there was consent. In fact, they later said to me and my team that there is no question in their minds that there has always been consent," he wrote.

"They said they're not concerned about the legal side. But then they said that this type of sexual behaviour was unbecoming of a prominent host on the CBC. They said that I was being dismissed for 'the risk of the perception that may come from a story that could come out.' To recap, I am being fired in my prime from the show I love and built and threw myself into for years because of what I do in my private life."

A tweet from Jian Ghomeshi on Sunday. TWITTER

Quoted

"I am being fired in my prime from the show I love and built and threw myself into for years because of what I do in my private life."
Q radio host Jian Ghomeshi

A CBC spokesman said the broadcaster had no comment on the Facebook post because of the pending lawsuit.

Earlier, the broadcaster said the decision to cut ties with Ghomeshi was: "Not made without serious deliberation and careful consideration. Jian has made an immense contribution to the CBC and we wish him well."

Toronto law firm Dentons Canada LLP says the action against the CBC will claim general and punitive damages for breach of confidence and bad faith in the amount of $50 million. The law firm said documents would be filed on Monday in court but did not elaborate.

The statement also said Ghomeshi will commence a grievance for reinstatement with the CBC under his collective agreement.

CBC spokesman Chuck Thompson said in an email Sunday afternoon that if the CBC is served with legal documents it will contest the lawsuit vigorously.

On Friday, Ghomeshi, 47, tweeted that he was taking some "much needed personal time" away from the broadcaster. That came after an emotional posting on his Facebook page earlier this month about the recent death of his father.

Radio host Jian Ghomeshi in a handout photo from the CBC.
CBC HANDOUT/THE CANADIAN PRESS

It wasn't immediately clear what would happen to Q, a daily national talk show on CBC Radio One and CBC-TV which Ghomeshi co-created. Thompson said "it's not uncommon for CBC to use guest hosts on Q and that's what we'll be doing for the foreseeable future."

The departure leaves a gaping hole in the broadcaster's lineup. Ghomeshi was not only a force on radio but did TV appearances as well, and offered a dose of urbane cool to the often stodgy CBC.

Q, which launched in 2007, is also broadcast on over 180 NPR/PRI stations and syndicated in the U.S. Julia Yager, a spokeswoman for PRI, said the radio broadcaster will "work with the CBC as they plan what is next for Q."

Ghomeshi has enjoyed a meteoric rise; publications such as the New York Times and Toronto Life magazine have done lengthy profiles on him.

His most well-known interview was his 2009 encounter with Billy Bob Thornton, which became a YouTube sensation. The actor wanted to talk about his musical endeavours and became gruff after the host asked him about his film career.

Ghomeshi is also a published author, with the 2012 memoir 1982 and articles in various papers. He also hosted the CBC-TV program "Play."

Ghomeshi had been scheduled to host the Scotiabank Giller Prize gala on CBC-TV on Nov. 10 in Toronto. Elana Rabinovitch, a spokeswoman for the book prize, said in an email Sunday he will no longer preside over the gala.

THE CANADIAN PRESS

At a glance

Influential figure

Born in the U.K. but raised in Thornhill, Jian Ghomeshi — a singer/songwriter — was part of a local folk group called Moxy Früvous, active mainly in the 1990s. While touring, the band shared stages with the likes of Bob Dylan and Elvis Costello, according to Ghomeshi's biography.

He got his start with the public broadcaster on CBC-TV's play and later hosted a radio series called 50 Tracks: The Canadian Version and The National Playlist, before co-creating Q.

His accolades include a gold medal for Best Talk Show Host in 2012 by the New York Festivals, being named Best Media Personality by NOW Magazine, making Maclean's magazine's list of "The 50 Most Important People in Canada," and one of Toronto Life's "The 50 Most Influential Torontonians."

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On the web

For the full transcript of Jian Ghomeshi's surprising Facebook post on Sunday, go to metronews.ca.

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Would-be mayors return to their main themes at campaign's end

The final day. Tory says let's come together, Chow vows to sow progress, Ford rails against elites

Ten months later, they had one last chance. Toronto's three leading mayoral candidates returned to their central themes on Sunday in their final words to voters before the election on Monday.

John Tory presented himself as a unifier focused on "connecting" the city, Olivia Chow herself as a "progressive" who "won't leave anybody behind." Doug Ford argued that he is a champion of the "little guy," Tory of "the establishment."

The polls open at 10 a.m. Monday and close at 8 p.m. Each of the leading candidates held one main media event Sunday, then spent the rest of the day greeting residents.

Tory heads into Election Day as the clear favourite. He made the biggest splash of the three frontrunners on Sunday, receiving an endorsement from widely admired former Toronto mayor David Crombie before completing his three-day blitz of every city ward.

"I am here just to underline one really strong reason why we need John Tory and that is that this city, city council need to be brought together," Crombie said as he stood with Tory at Bagel World in North York.

"We need to make sure that after four years of not walking together, we're going to walk together, work with the province, and move the city forward."

Ford appeared at his Etobicoke campaign office to release his list of financial contributors, which included far fewer prominent names than the lists released by the Tory and Chow campaigns. He said he cannot abide a city "back in the hands of the elites and the establishment."

He said he would be a vessel for "the common, hard-working people of Toronto." He also disclosed that he is spending about $500,000 of his own money on his campaign. Overall, he said, his campaign will spend "well under $800,000," far less than the $1.4-million limit but still a substantial sum over less than two months.

Chow held a rally at the Sheraton Hotel across from city hall, where she was introduced by unsuccessful 2010 candidate George Smitherman. She emphasized her social policies and her concern for the vulnerable, repeating her "with each other, for each other" refrain. And she made one last plea to left-leaning voters who are thinking about voting for Tory to defeat Ford.

"Don't just vote out of fear. Vote for hope," she said. "Because if there's one thing I learned from Jack Layton, it's that hope is better than fear. Don't vote because you fear that Doug Ford might win. He won't. Vote because you hope for something better."

Tory ventured from North York to Scarborough, greeting faith groups and grocery shoppers. He brushed off Ford's criticism of his fundraising.

"Mr. Ford is welcome to his comments, and I'm just going to keep talking about the future of the city and getting some transit built and getting some jobs here," he said.

Ford spent much of the afternoon speaking to shoppers at two malls in Scarborough, where he is strongest. Though he has trailed Tory in every opinion poll taken since he launched his campaign in September, recently by double digits, he said he believes the race is a dead-heat.

"I'll be very frank: whoever gets the vote out is going to win this election, and we plan on getting the vote out," Ford said.

Ford's donor list, released Sunday, included Chris, Matthew and Michael Bratty, development executives and sons of development titan Rudy Bratty; developers Silvio DeGasperis and Daniel Mantella; and Bryan Tuckey, the chief executive of the Building Industry and Land Development Association, who contributed to Tory, as well.

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Mayoral front runner John Tory gets an endorsement from the 'Tiny, Perfect Mayor,' David Crombie, at Bagel World near Wilson and Bathurst on Sunday, as he continued a campaign blitz leading up to the election on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Quoted

"We need to make sure that after four years of not walking together, we're going to walk together, work with the province, and move the city forward."

Former mayor David Crombie, on why he endorsed John Tory

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Four ward races to keep an eye on

Overviews. Some big names are looking to stay in power, including Rob Ford and Giorgio Mammoliti

There are some interesting council races going on, mostly on the west side of town. Here are four of the more intriguing wards, with a nail-biter in one and the question of whether Rob Ford will win in another.

Ward 7, York West

If he doesn't lose now, he might not lose for a long time.

Giorgio Mammoliti has been winning York West elections for 25 years; this is his first real test since the 1990s.

After a term in which he was stripped of his salary for three months over a serious ethics breach, was separately charged with breaking elections law, claimed he was being followed around by people also wiretapping his phones, and straight-facedly professed an ability to "smell" communism on the Internet, Mammoliti is in tough against Nick Di Nizio, who shares his relevant Italian background but not his confounding eccentricity. Mammoliti, though, still enjoys the loyalty of many of the European seniors who know little of his antics but do know his face.

Ward 2, Etobicoke North

Political punditry suggests Rob Ford will easily reclaim Ward 2, a family stronghold since his father represented the area as a Tory MPP in the '90s. This assumes voters in north Etobicoke overlook Ford's scandals as mayor and do not recoil from electing someone battling a life-threatening illness.

A cancer diagnosis dashed the 45-year-old's mayoral re-election bid in September, prompting him to shift to the crowded Ward 2 councillor race.

Since he arrived at Toronto City Hall in 2000, Ford's support in the west-end ward has grown in lockstep with his reputation as a scrappy tax-fighter.

In 2010, Ford's brother Doug, now running to be mayor, captured Ward 2 with 12,660 votes compared to the 2,666 collected by five other little-known candidates. This time out, 14 candidates are vying to end Ward 2's love affair with the Fords, including articulate financial planner Andray Domise.

Ward 12, York South-Weston

In some ways, York South-Weston is a rematch between incumbent Frank Di Giorgio and Nick Dominelli, a former policy officer at city hall.

In 2010, Di Giorgio narrowly beat Dominelli by just a little more than 400 votes in the west-side ward south of Highway 401. This time, John Nunziata, former MP for the area, and community and youth advocate Lekan Olawoye are joining what could be a tight race.

It's not clear whether name recognition or new ideas will take precedence in a ward that saw over 45 per cent voter turnout in 2010 — on the lower end when compared to other wards.

Ward 16, Eglinton-Lawrence

The 16-candidate race in Ward 16 — an area just east of Allen Road from Eglinton north to Highway 401 — is considered so close that the outcome could be decided by a few hundred votes Monday.

The contest in the ward, formerly held by failed mayoral candidate Karen Stintz, is so competitive that candidate endorsements seem to have taken on greater prominence than normal.

Stintz, after saying she wouldn't endorse anyone, last week held a news conference to announce who she supports, and it wasn't her former policy adviser, Jean-Pierre Boutros.

Instead, Stintz is behind Christin Carmichael Greb, who's on a leave from her job in project management at Bombardier's aerospace division.

Carmichael Greb has also been endorsed by mayoral candidate John Tory. And her father, Conservative MP John Carmichael, has endorsed Tory.

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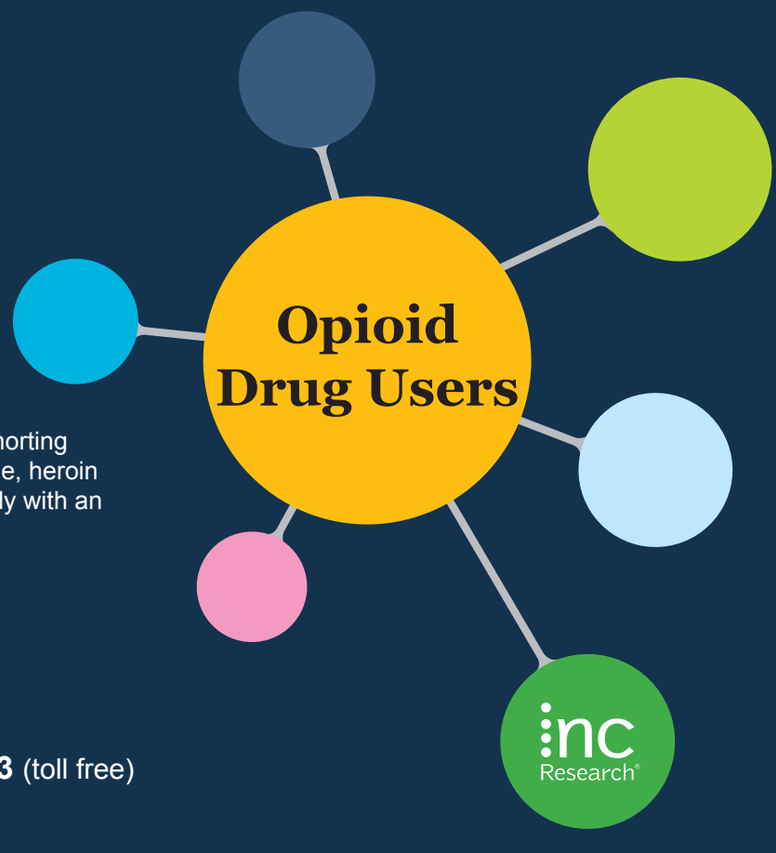
Mayor Rob Ford at an advance polling station on Saturday. Will he win in Ward 2? INSTAGRAM



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Voting Day: What you need to know

Time to vote! Here's everything you need to know, from eligibility, to marking your ballot

Look for signs like these at polling stations. CARLOS OSORIO/TORSTAR NEWS SERVICE

The months-long campaign to become Toronto's next mayor is over.

To help Torontonians choose a mayor, city councillors and school trustees, here is an all-you-need-to-know kit to help you cast your ballot.

• Polls are open from 10 a.m. to 8 p.m.

• Use the MyVote tool at toronto.ca to find a polling location in your ward, or follow the information on your voter information card.

• To be eligible to vote in the municipal election, you must be a Canadian citizen at least 18 years of age. Voters must also be either a resident of Toronto, rent or own property in the city, or have a spouse who rents or owns property in the city. You must not be prohibited from voting under any law.

Students living in Toronto while attending school are eligible to vote in the 2014 election.

• Bring your voter information card and a piece of identification with your name and qualifying Toronto address, such as an Ontario driver's licence, Health Card or pay stub. A complete list of accepted ID documents can be found at bit.ly/ballotID.

The voter information card, sent by mail, will not be accepted as a piece of identification.

• If you don't have a voter information card, bring an approved piece of ID to the polling station listed on the MyVote tool. If your name doesn't appear on MyVote, you can request to be added to the voter's list, but must bring proof of a qualifying Toronto address.

• To mark the ballot, voters must use the pen provided to connect the head and tail of the arrow next to the preferred candidate, be it for mayor, ward councillor or school trustee.

If you make a mistake on your ballot, take it to an election official, who will cancel your ballot and give you another shot.

• A How to Vote booklet is available in 24 languages (including French, Arabic, Greek and Farsi) for election officials at polling stations. You may call 311 for over-the-phone interpretation in more than 180 languages.

TORSTAR NEWS SERVICE

No suspects identified

One dead, another injured in stabbings at Wonderland

One man is dead and another was taken to hospital with life-threatening injuries after a double stabbing at Canada's Wonderland in Vaughan.

The stabbings happened in the amusement park's parking lot just after 12:30 a.m. Sunday, said York Regional Police. The first victim, in his early 20s, was pronounced dead on the scene.

"As of right now, there's been no connection of the stabbing to Canada's Wonderland," said Dave Phillips, a public relations official with Wonderland.

Wonderland was open and operating normally Sunday from 10 a.m. to 5 p.m., with its Halloween Haunt event running 7 p.m. to midnight. There was no indication that those involved in the stabbing were at Saturday's Haunt, said Phillips.

A part of the parking lot remained closed off on Sunday while police investigated. No suspects have been identified yet. Police believe there may have been more victims.

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Zehaf Bibeau recorded video before Ottawa attack: RCMP

Attack in Ottawa. Investigation reveals gunman motivated by 'ideological and political' ideas, Mounties say in statement

JOE LOFARO
Metro in Ottawa

Cpl. Nathan Cirillo FACEBOOK/THE CANADIAN PRESS

Michael Zehaf Bibeau VANCOUVER POLICE/RCMP/THE ASSOCIATED PRESS

A woman places flowers before signing a book of condolences outside the Markey-Dermody Funeral Home in Hamilton, where the family visitation for Cpl. Nathan Cirillo took place on Sunday. The 24-year-old reservist was gunned down at the National War Memorial in Ottawa on Wednesday. PETER POWER/THE CANADIAN PRESS

The RCMP said Sunday they have obtained a video of shooter Michael Zehaf Bibeau and the preliminary investigation has revealed his motivations were "ideological and political."

RCMP Commissioner Bob Paulson said in a statement that the video was recorded just before the attack that left Cpl. Nathan Cirillo dead from two gunshot wounds.

Paulson did not say how the RCMP obtained the video or what is depicted in it.

"The RCMP is conducting a detailed analysis of the video for evidence and intelligence. You must understand that we cannot release this video at this time and I would ask for your patience in this regard," the statement read.

While the RCMP says it does not know the origin of the rifle Zehaf Bibeau used in the attack, it says he earned "a considerable amount of funds" by working in the Alberta oilfields.

They said the gun was "old and uncommon" and could have been previously hidden on his aunt's property in Mont Tremblant, Que.

The statement from the RCMP labelled the shooting incident as a "terrorist attack," which is in line with Prime Minister Stephen Harper's characterization of Wednesday's events, but runs counter to statements made by Zehaf Bibeau's mother to Postmedia suggesting he may have suffered from a mental illness.

Paulson said investigators are also looking at Zehaf Bibeau's interactions with "numerous individuals in the days leading up to this attack," and whether those interactions contributed or facilitated it.

"This nationally scoped investigation remains exceptionally active and fluid," wrote Paulson in the statement. "The RCMP undertakes to get as much information to the public as quickly as we can."

Paulson's statement also said police believe Zehaf Bibeau stored a knife at his aunt's property, which they said he brought with him in his attack.

The RCMP has also asked the Ontario Provincial Police to investigate the actions of police officers inside and outside of Parliament on Wednesday.

The investigator might also look at answering other burning questions that some Canadians are asking, such as how does an individual armed with a rifle run onto Parliament Hill, hijack a cabinet minister's car and run into the entrance of Centre Block unchallenged?

Mother says gunman 'acted in despair'

A published report says the mother of Michael Zehaf Bibeau beleives he acted in despair and is expressing doubt he was radicalized.

- In a letter published by Postmedia News, Susan Bibeau paints a picture of her son as an "unhappy person at odds with the world" and mentally unbalanced in his final days before the attack.
- Bibeau also disputes a suggestion from the RCMP last week that Zehaf Bibeau wanted a passport so he could go fight in Syria's civil war.
- She writes she doesn't believe her son was part of an organization or acted "on behalf of some grand ideology or for a political motive," saying she believes "he acted in despair."

Ottawa Remembrance Day event to go on as planned

People attend a candlelight vigil at the Tomb of the Unknown Soldier at the National War Memorial in Ottawa on Saturday. JUSTIN TANG/THE CANADIAN PRESS

The Remembrance Day service at the National War Memorial — the site of a soldier's slaying last week — will go ahead as planned and promises to be bigger than ever, organizers say.

The Royal Canadian Legion, which is responsible for the remembrance service held at the monument near Parliament Hill, says the deaths of two soldiers last week will not disrupt the program or arrangements for the Nov. 11 ceremony.

"The program isn't changing. We are still going to deliver the ceremony that Canadians expect," said Scott Ferris, director of marketing and membership for the legion.

Cpl. Nathan Cirillo was shot Wednesday at the memorial. Warrant Officer Patrice Vincent was killed after being struck by a car in a deliberate attack in St-Jean-sur-Richelieu, Que., on Monday. The motorist was later shot and killed by police.

The two deaths have raised fears that Canada's military has become a target as the country begins combat operations in Iraq against the Islamic State of Iraq and al-Sham (ISIS).

This week's violence guarantees that the Remembrance Day event will happen under a tight cordon of security.

Ferris said it's certain that security plans will change, but said he's confident that Canadians will still be able to get close to the monument for the ceremony and the traditional parade of veterans.

"I haven't heard any changes to that as of yet," Ferris said.

Last year's event drew an estimated 40,000 people and Ferris said the legion expects an even bigger crowd this year, as Canadians seek to honour the latest military casualties.

"There certainly seems to be a very large outpouring in terms of calls we are getting at legion branches across the country," Ferris said.

"We're anticipating that there will be even larger crowds at the ceremony and that's great. We're very encouraged by that show of support." TORSTAR NEWS SERVICE

A flower tribute grows in front of the RCMP station in Moncton on June 7 following the shooting deaths of three Mounties. TORSTAR NEWS SERVICE

Moncton shooter could be 99 before he's eligible for parole

Justin Bourque. The 24-year-old who fatally shot three Mounties and wounded two others could face a maximum of 75 years in prison

When Justin Bourque appears in court Monday, he faces the harshest sentence since the death penalty was abolished for fatally shooting three Mounties and wounding two others in Moncton in early June.

However, legal scholars say it's unlikely the 24-year-old will face the maximum penalty — 75 years in prison before he is eligible to apply for parole — given his age and lack of a criminal record.

In early August, Bourque pleaded guilty to three charges of first-degree murder and two counts of attempted murder.

A single conviction for first-degree murder carries a mandatory life sentence and a ban on applying for parole for 25 years. However, Judge David Smith of the Court of Queen's Bench has said the Crown wants him to use a 2011 amendment to the Criminal Code that allows judges to extend parole ineligibility in the case of multiple murders.

In this case, Smith could decide that the 25-year ineligibility period for each murder conviction should be imposed consecutively, which means Bourque wouldn't be allowed to apply for parole until he is 99 years old. THE CANADIAN PRESS

The law

The Harper government changed the law to eliminate what it called the "volume discount" for multiple murderers.

- The law has been used only once since it was changed. In September 2013, a judge in Edmonton sentenced an armoured-car guard to life in prison with no chance at parole for 40 years, for gunning down four of his colleagues during a robbery in June 2012.

Vigil for bullying victims

Toni Nicholas was barely a teenager when she tried to kill herself by swallowing 80 Tylenol pills, the victim of endless bullying at school.

On Saturday, the tiny 16-year-old hosted the third annual Generation Change candlelight vigil to recognize victims of abuse and bullying. Even though she is now an anti-bullying advocate who has founded her own organization, Nicholas acknowledged she still has her dark moments.

Held in Dartmouth, N.S., the vigil was highlighted by a performance by Rebecca Crewe, who sang a song about Rehtaeh Parsons, the Halifax teenager who took her own life in April 2013. Boards off to the side listed the names of dozens of teenagers worldwide who have killed themselves as a result of bullying, a sober reminder of how much work is left to be done.

Toni Nicholas speaks at the Generation Change candlelight vigil in Dartmouth, N.S., on Saturday. BRAEDON CLARK/METRO

While it is now too late to help Parsons and the many others who have killed themselves as a result of bullying, Nicholas is seeking to help those who have gone through the same things she has.

"I've had people come up to me and say they are inspired by what I'm doing," she said. "It helps to know that I'm able to help other people." BRAEDON CLARK/FOR METRO IN HALIFAX

Nude photos

Judge facing removal set to argue case

A senior Manitoba judge who faces removal from the bench over nude photographs of her posted without permission on the Internet by her late husband is set to argue the case should be thrown out without a formal hearing.

In a preliminary motion to be heard in Winnipeg this week, Associate Chief Justice Lori Douglas will assert she played no culpable role in the scandal that could cost her her job.

Her lawyers argue in written submissions she is a victim who has suffered serious and irreparable harm at the hands of others. THE CANADIAN PRESS

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Ebola anxiety taking its toll on Canadians

More than 4,900 dead. Relatives are concerned for family living in West Africa while Canadians fear domestic spread

A health-care worker demonstrates proper protective equipment procedures at Toronto Western Hospital. CHRIS YOUNG/THE CANADIAN PRESS

The Ebola virus may not have crossed Canada's border, but the epidemic sweeping parts of West Africa is taking a toll on many Canadians.

Those with parents, brothers, sisters and cousins in Liberia, Sierra Leone and Guinea say they are living on the edge — filled with anxiety every time the phone rings and dealing with the stigma created by the disease.

Abu Bakarr Kamara, who immigrated from Sierra Leone in 2003 and lives in Winnipeg, said he often lets his phone go to voice mail when it rings, for fear of hearing his father or sister have fallen ill.

"I listen to the voice mail before I call back," he said. "If I don't hear any terrible news on the voice mail, I say, 'Thank God.' That's our life right now.

"It's frustrating. It's terrible. It's terrifying. Sometimes you go to bed thinking about what horrible news you could get from back home. You just pray. It's really heartbreaking."

The World Health Organization estimates the disease has killed more than 4,900 people and infected about 10,000 — virtually all in Liberia, Guinea and Sierra Leone. A lack of beds in Ebola clinics is also forcing families to care for relatives at home, risking further spread of the virus, the WHO has said.

"The rate that people are getting infected in the capital city, it's all so heartbreaking," said Kamara, vice-president of the Sierra Leone Nationals Association of Manitoba. "It's like there is no hope, even though we try to hope for the best."

Liberian-Canadians are also feeling the effects of the epidemic in their adopted country, he said. People back away suspiciously when they find out someone is originally from Liberia. Others cast suspicion with questions: when were you last there? Have you entertained any visitors recently?

"Just because a person is Liberian or from West Africa, that doesn't mean the person is carrying the Ebola virus," said John Gaye, president of the Canadian Liberian Friendship Association in Edmonton. "It's our responsibility to educate the person that we're dealing with." THE CANADIAN PRESS

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Quarantined nurse is critical of N.Y., N.J. state Ebola policies

'This is not a situation I would wish on anyone.' American health-care worker worries for those who will be held after her

From left, New York City Mayor Bill de Blasio, wife Chirlane McCray, and New York City Health Commissioner Dr. Mary Bassett have a meal at The Meatball Shop in New York on Saturday, where Dr. Craig Spencer, an Ebola patient, ate just before he became ill. CRAIG RUTTLE/THE ASSOCIATED PRESS

A nurse who was quarantined at a New Jersey hospital — because she had contact with Ebola patients in West Africa — has criticized the way her case has been handled, raising concerns from humanitarian and human rights groups over unclear policies for the newly launched quarantine program.

Kaci Hickox, the first traveller quarantined under Ebola watches in New Jersey and New York, wrote a first-person account for the Dallas Morning News online Saturday. Her tests for Ebola came back negative.

"This is not a situation I would wish on anyone, and I am scared for those who will follow me," Hickox wrote of her quarantine. "I am scared about how health-care workers will be treated at airports when they declare that they have been fighting Ebola in West Africa. I am scared that, like me, they will arrive and see a frenzy of disorganization, fear and, most frightening, quarantine. ... The U.S. must treat returning health-care workers with dignity and humanity."

New York Gov. Andrew Cuomo and New Jersey Gov. Chris Christie on Friday imposed a mandatory quarantine of 21 days — the incubation period of the deadly virus — on travellers who have had contact with Ebola patients in the countries ravaged by Ebola — Liberia, Guinea and Sierra Leone. Similar measures were announced in Illinois and Florida.

The details of how quarantines will be handled are drawing sharp criticism as infectious disease experts say enforcement logistics are up in the air.

The quarantine measures were announced after a New York physician, Craig Spencer, who worked for Doctors Without Borders, returned from Guinea and was admitted to Manhattan's Bellevue Hospital Center to be treated for Ebola.

Dr. Irwin Redlener, a Columbia University professor and director of the New York-based National Center for Disaster Preparedness, said the logistics of the states' new quarantine policy are "a problem."

"The challenge now is how you translate this quarantine plan to operational protocol," Redlener said.

THE ASSOCIATED PRESS

Identifying risk levels

Florida Gov. Rick Scott is ordering twice-daily monitoring for anyone returning from places the federal CDC and Prevention designates as affected by Ebola.

- **Authority to monitor.** Scott said his administration asked the CDC to identify the risk levels of individuals returning from West Africa.
- **Ebola.** Scott said he was taking action out of an abundance of caution following news that a New York doctor tested positive for Ebola.

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Trick or treat on the business beat

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

October is often full of tricks and treats for the investor and also the business world. This year has been no exception. Here's what was ghoulish and glorious.

Thumbs up:

The stock market. First there was the stomach-dropping slide of more than 10 per cent from September highs during the first half of the month. Then came the 700-point bounce-back during the past two weeks. There was much gnashing of teeth about the dive but it was very positive for the patient long-term investor. All those solid stocks that just kept getting more expensive, especially in the oil patch, were suddenly on sale.

The smart money moved in quickly and, voilà, a rebound was born. If you missed it, put together a shopping list of stocks and waste no time buying during the next dip.

Thumbs down:

CEO foot-in-mouth disease strikes again. Don't these fellows (and they are usually guys) have handlers? Here's how the latest gaffes happened. Microsoft CEO Satya Nadella got together with his Apple and Facebook chums, Tim Cook and Mark Zuckerberg, for a little coffee klatsch.

They ruminated about how they could best present a solid paternalistic, anti-female front in the decidedly girl-unfriendly world of technology. That should be good for business, right?

Nadella's big idea was to encourage women not to ask for a raise but wait until Daddy offered. Somehow, this lady-like reticence would translate into good corporate karma. Cook and Zuckerberg thought they could go one better. They decided to provide egg freezing as a health benefit to female employees. That way, the companies could avoid those pesky maternity benefits and when the gals weren't wanted anymore, say around age 40, off they'd go to thaw their eggs and get pregnant on their own time.

Now that's what I call advanced thinking.

Thumbs down:

Two days from now the "low-cost" airline, which provides no-charge jokes with your flight, will ding you $25 for a first checked bag on economy flights. WestJet was first out of the gate with this abomination, but no surprise, Air Canada quickly followed with baggage charges to begin on Nov. 2.

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ELECTION DAY 2014: THE THINGS I'LL ENDORSE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

It's election day in Toronto, and thank God for that. There's not a whole lot left to say after 10 months of campaigning, approximately 72,000 debates and dozens of polls that all seem to point to a foregone conclusion, but hey, there's still time for some endorsements.

And while I won't enthusiastically throw my support behind any of the leading contenders for mayor, there are some things I specifically will and won't endorse.

For instance, I won't endorse the idea that there's no difference between John Tory and Mayor Rob Ford. The Olivia Chow campaign has been trying to convince voters for the past month that Tory and the Fords are one and the same, with identical right-wing views and plans.

I don't buy it.

It's an argument that diminishes the chaotic and dysfunctional nature of the Ford administration. The reality is that Tory would of course be a better mayor than either Rob Ford or Doug Ford, because pretty much anybody would be better suited for the job than the Fords.

But that doesn't mean I'll endorse the notion that Tory would make a particularly good mayor. It's hard to know exactly what kind of mayor he'll be. He's provided an astonishing lack of detail about his plans for the office.

We know about his SmartTrack plan, sort of. Even that's vague. Aside from that, he doesn't have much else. He's left us with way too many unanswered questions to earn my support.

So, almost by default, there's a stronger case to be made for Chow as mayor. I'll endorse that. She's got a clear passion and vision for this city, plus experience where it counts. And she's actually got a full platform — something that can't be said for either Tory or Ford.

But I have trouble endorsing Chow's all-over-the-map campaign. Chow had an opportunity when she entered the race to inspire the city's hopeful progressives the same way Ford inspired people who felt like the government was wasting their money.

But it never happened. Instead, she took what felt like a lackadaisical and generic approach in the early stages. Her campaign got better, but it never got good. Chow proved once again that Toronto voters sure hate presumptive frontrunners.

There are two more things I'll endorse. First, I'll endorse that you should vote. Yeah, you. It takes a few minutes. Don't be a jerk about it.

And I'll endorse that we are finally at the end of this long election. No matter what the outcome, the future of Toronto won't be decided today. It'll be decided in the months ahead, as issues like transit, policing and housing are debated by the new mayor and council at city hall. It's time for the real work to begin.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

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Letters

RE: Coverage of the Parliament Hill shooting

Don't call it chaos I need to object to the coverage I read of the Ottawa shooting in Metro, particularly the headline for Trevor Greenway's article "Ottawa thrown into chaos." I didn't see chaos at all in the footage yesterday. I saw policemen doing their jobs bravely and promptly, people from Parliament being whisked away efficiently out of harm's way, and a gunman being stopped. Don't hype things up. **Kristen McKendry, Mississauga ON**

Thanks for staying away from the terrorism label I congratulate your reporters for their excellent reporting of the news related to subject. Your staff avoided tagging Zehaf Bibeau a terrorist and the incident an act of terrorism. I suggested to a senior writer of one daily that it was an oversimplification to identify Zehaf Bibeau as a terrorist. His response in part was: "I think most people would consider someone who shoots and kills a soldier then storms the Parliament Buildings, apparently hoping to kill politicians, to have engaged in an act of terrorism." I pointed out to the senior writer that his response stating that Zehaf Bibeau was "hoping to kill politicians" was speculative. Was Zehaf Bibeau marginalized or radicalized? That is the question that should be addressed. He committed a heinous, despicable crime; however, the answer to the question should be a determinant as the government considers a response. **Alistair Hensler, Ottawa**

The politics of semantics

I pointed out that in 1989 Marc Lépine shot and killed 14 women in Montreal and that act was not considered terrorism.

Muslims against crazy In recent years, I stumbled across Islam and was surprised to find that it was an incredibly peaceful, beautiful, humble way of life. I became Muslim. And now I sit with other Muslims, a sense of foreboding in the air, dreading the news reports. We know we're good people-we know we're better for our belief. But does the rest of the world know? How can they, when they listen to the news: "Islamic militants," "Jihad terrorists." It isn't possible to explain the reasons for the horrors committed around the world, supposedly in the name of Islam. It is, however, possible for me to say how deeply it sickens me. Violence will never solve the world's problems. So let's work towards a new goal. Let's come together, work together, use our minds rather than our fists and draw strength from the collective love in our hearts, rather than being driven by reprisal. **Bridget Mc., Halifax**

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metro AR

SEE THE NEWS COME ALIVE

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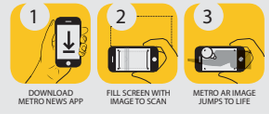

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SCENE 2

Box office

Ouija scared up enough moviegoers to spell out No. 1

The spirits moved Ouija to No. 1 at the box office, with the board-game adaption leading the weekend with a $20 million US debut, according to studio estimates Sunday.

The horror movie release, timed to Halloween, attracted more moviegoers at the box office than the violent Keanu Reeves thriller John Wick. The R-rated hit-man revenge tale opened with $14.2 million in second place.

Last week's top film, the Brad Pitt Second World War action film Fury slid to third with $13 million in its second week.

Board-game adaptions like Ouija have had a checkered history at the box office, with the big-budget Battleship famously flopping. But Oujia, released by Universal, was made for a micro-budget summoning of brand-name occult.

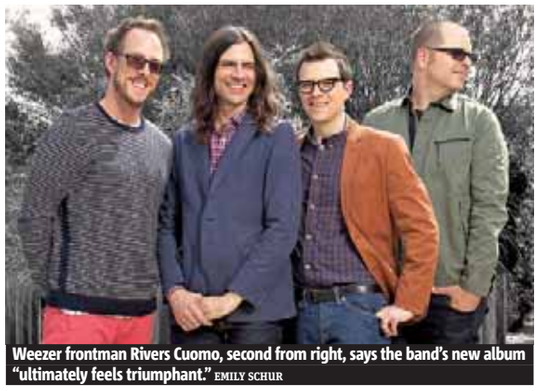
THE ASSOCIATED PRESS

Low-budget Ouija debuted big to take the top spot. CONTRIBUTED

Weezer worries about becoming rock geezers

Music. Band tells itself Everything Will Be Alright In the End in new album contemplating a fading career

LISA WEIDENFELD
Metro in Boston



Weezer frontman Rivers Cuomo, second from right, says the band's new album "ultimately feels triumphant." EMILY SCHUR

For a band famous for songs about youthful alienation, with titles like The World Has Turned and Left Me Here, naming an album Everything Will Be Alright in the End represents a pretty big step.

But Weezer frontman Rivers Cuomo says that change has been hard-won.

"We went through so many life stages, creative stages, ... ups and downs, and we faced some deeply troubling realities," he says of the years since their last album, 2010's Hurley.

After all of that, Cuomo says the lesson they learned is what led to the band naming their latest album title, Everything Will Be Alright In the End.

"I think really it's just a way to put into one phrase with words the feeling you get from the album," he says. "You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

The band is so happy about Everything that they're playing every song from the album at each tour stop, though Cuomo assures us that older songs will be in the mix as well. Asked if playing those older songs still feels as personal to him as more recent efforts, Cuomo replies, "I feel like Weezer at its best is writing from a very deep, timeless and ageless place that I have no problems relating to. Even with our earliest songs, they feel like us."

That's not to say the new album isn't personal as well.

"I'm always inspired by the emotional push and pull in my relationships and my daily life," he says.

We ask him to explain the ominously titled Eulogy For a Rock Band. The opening lines of the song are, "Goodbye heroes, you had a good run, 15 years of ruling the planet, but now your light's fading." He promises it's not a critique about his own band, but was instead inspired by seeing one of his musical heroes.

"A forefather who's perhaps the biggest rock star of all time in one of the later stages of his career," is all that he will allow. Though Cuomo is cagey about who the musician was, he does say the experience made him think about how "each successive generation is less familiar with his work and ultimately that means he and his life's work are headed towards oblivion, and realizing that gosh, if that's the fate of his work, then obviously that goes for the rest of us, too."

But hey, everything will be all right in the end, right? Cuomo says keeping to that credo is what gives him the confidence to keep going as an artist.

"Even if we're not 100 per cent certain, that's what we have to tell ourselves," he says.

The band will mostly be playing smaller club shows on the tour, which Cuomo is a big fan of. "Playing giant venues is great because it's just such a spectacle ... but we also love playing for just a few people or a few hundred people, feeling them right next to us, right in front of us. They tend to be the most hard-core fans and will sing every word at the top of their lungs and you know how much your music means to them, and that's what every artist dreams of, and it's the greatest feeling in the world."

The final chorus

"You go through quite a few different worlds and terrains and ultimately it feels triumphant by the time you get to the final chorus."

Weezer frontman Rivers Cuomo describes the band's latest album.

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Television. Channel geared to canine fans proves that TV really has gone to the dogs

Never before has television strayed so far off its leash. Audiences are in the middle of a digital revolution, with broadcasters and regulators scrambling to keep up with on-demand options, as well as border-busting services such as Netflix, Amazon and Hulu.

One company has taken a unique approach: Why not aim past man to man's best friend? DogTV is billed as the world's first and only TV channel for dogs. Sure, people can watch, too, but this channel's target demographic isn't adults 18-49, or females 12-34. DogTV is after the K-9 four-legged fans.

DogTV is no barker channel, but a real, honest-to-goodness pooch programmer. Discovery Communications in the U.S. is in on the venture. CEO Gilad Neumann was happy to pitch the idea to buyers and reporters at the recent MIPCOM international television marketplace in Cannes, France.

It's already available in the U.S. through DirecTV and is live-streamed 24/7, handy if your lap dog has a laptop.

Bleu, a French bulldog, watches DogTV in her San Diego apartment.
THE ASSOCIATED PRESS FILE

It will be expanding into Germany, the U.K., Ireland and France, and is also available in South Korea, Japan and Israel. Canada is still on the fence, although some Canuck buyers did stop by the booth to give it a sniff.

Neumann admits his channel is aimed at a niche market. But he says dogs live in 30 to 50 per cent of homes across Europe and North America. Many are housebound during the day and are often bored.

The company says its programming is scientifically tested to draw dogs to the screen — not just to be pooch potatoes, but to be active and even exercise. The images are tweaked so the backgrounds are muted and monochromatic and the dogs are a bright orange hue. Everything is geared to a dog's sense of vision and hearing.

Some of the programming is aimed at dog owners, including segments on nutrition and health, since advertisers are anxious to speak more to owners than animals.

THE CANADIAN PRESS

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By. Gillian Flynn

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MIND THE APP
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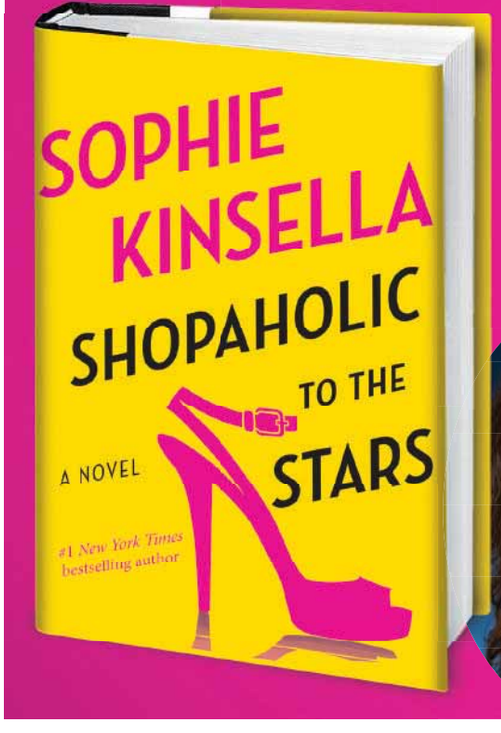

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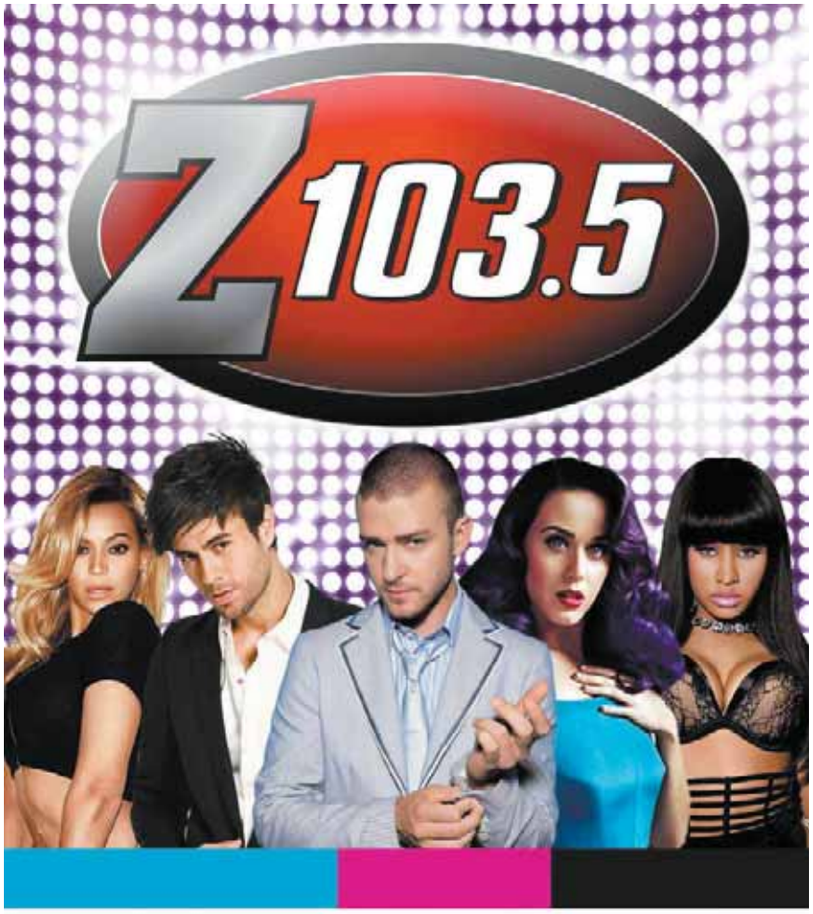

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Books

Rowling set to release new story for Potter fans

Harry Potter fans can look forward to a Halloween treat from J.K. Rowling. In an announcement posted on her website, pottermore.com, the author revealed that she has prepared a 1,700-word story about the witch and former Hogwarts professor Dolores Umbridge. The story will appear on Halloween, Oct. 31, on her site. It will include Rowling's "revealing first-person thoughts" about Umbridge, according to the announcement.

THE ASSOCIATED PRESS

J.K. Rowling
THE ASSOCIATED PRESS FILE

Television. Courtney Love to play rock star on Empire

Courtney Love will make a few appearances on Empire, Fox's forthcoming hip-hop series, which is due to premiere in 2015.

The new drama series created by The Butler director Lee Daniels is rounding out its cast with the arrival of Courtney Love as a guest star.

The Hole frontwoman will play Elle Dallas, a hard rock musician and a solid asset for Empire Entertainment, the record label owned by the series protagonist Lucious Lyon, played by Terrence Howard.

Due to premiere this January, Empire centres on the professional and family life of the hip hop mogul.

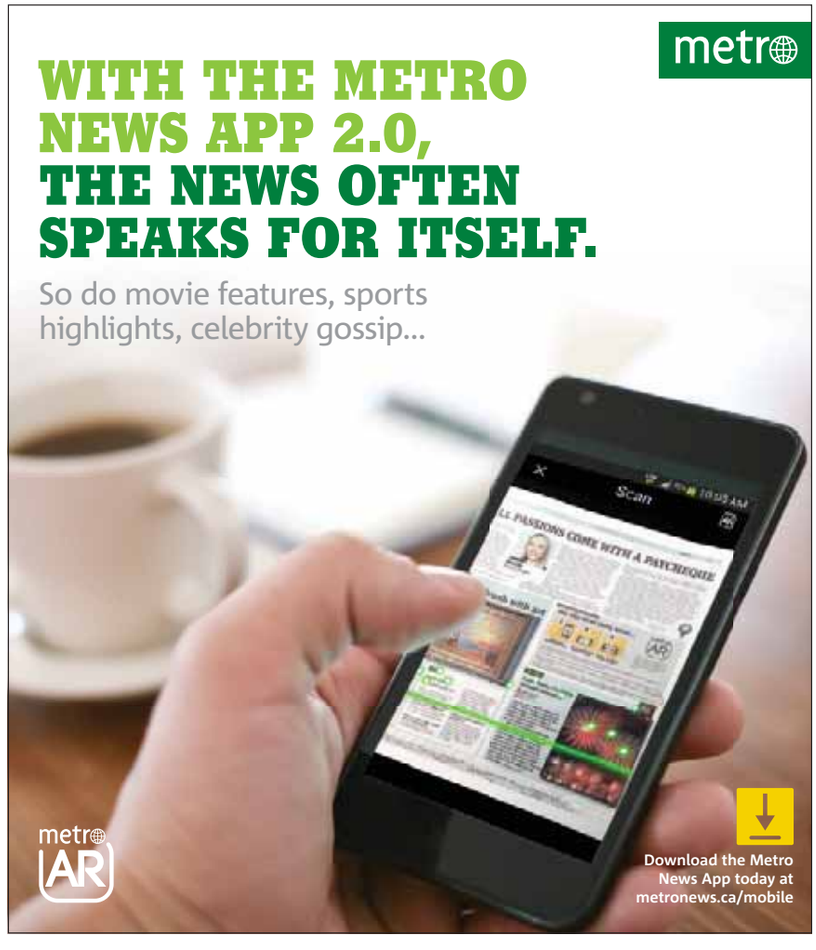
When Lyon is diagnosed with a terminal illness, his ex-wife and three sons vie for control over the successful music business he has built over the years.

Fox is betting big on the new series, the cast of which also includes Taraji P. Henson, Naomi Campbell, Cuba Gooding Jr. and Gabourey Sidibe.

Known for her music career, Love is no stranger to acting. She has appeared in a number of films, including two by director Milos Forman: Man on the Moon and The People vs. Larry Flynt. Kurt Cobain's widow has rarely appeared in television shows, however, aside from a role in the seventh season of Sons of Anarchy, which is currently airing on FX.

AFP

Courtney Love
AFP FILE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Avatar Secrets

Episode 10: The Hybrid Reality

Just one level shy of reaching her goal in the game, Tristanova is faced with a moral dilemma. "What you're seeing in the Internet is a mirror of society," says Vint Cerf, father of the Internet and Chief Internet Evangelist at Google. Scan this photo for a video of Cerf talking about how the online and real worlds are not that different.

COMMISSIONED BY TVO, AVATAR SECRETS IS AN ONLINE DOCUMENTARY THAT EXPLORES THE ALLURE OF THE VIRTUAL WORLD AS A NEW FRONTIER FOR CREATING EMPATHETIC CONNECTIONS AND PURSUING SELF-DISCOVERY.

Visit metronews.ca/avatarsecrets over the next few days as we post daily chapters from Avatar Secrets.

- **Collector cards.** You can also download 10 collector cards from the series!

Television

Honey Boo Boo cancelled amid reports mom dating criminal

The TLC network has cancelled its colourful series about child beauty pageant contestant Honey Boo Boo and her Georgia family.

TLC wouldn't publicly cite a reason for the cancellation, but it said in a statement that "supporting the health and welfare of these remarkable children is our only priority."

The cancellation came after published reports that June Shannon was dating a man with a criminal past. June Shannon posted what she called a "truth video" on the Alana Thompson (Honey Boo Boo) fan page Friday morning denying the allegations. "The statement of me dating a sex offender is totally untrue. Pumpkin (the nickname for the man she is reported to have dated) has openly said that I did not date him," Shannon said in the video.

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Sussing out the self-involved psyche

Actor interview. Julianne Moore talks about L.A. life and how epic egos aren't exclusive to Hollywood

RICHARD CROUSE
scene@metronews.ca

Julianne Moore plays actress Havana Segrand in Maps to the Stars, which opens Friday. CONTRIBUTED

In the new David Cronenberg film Maps to the Stars, Julianne Moore plays actress Havana Segrand.

A child of Hollywood, she's the daughter of a movie star who became a star herself but is now "monstrous and childlike," Moore says.

Havana is a bundle of exposed ego and neurosis, a Hollywood stereotype, but Moore promises she's not based on anyone in particular.

"I swear to you she sprung to life from the page," she says. "That was what was great about it. (Screenwriter) Bruce Wagner's language is so precise, so spectacular, so emotional; it was almost like poetry.

"There was a rhythm to it. I could hear her voice in the rhythm of the speech and how things were supposed to be delivered.

"The key to Havana for me was her arrested development. She's stuck at the age her mother died. She's so childlike.

"Everything is all about her mother and not being parented. All this childish, even sexpot behaviour — the 'Look at me!' — is all about not being parented. That's all she wants."

The film is a wonderfully sadistic portrait of Tinsel Town and its citizens, portraying the wild side of Los Angeles, where venal and stratospherically self-involved behaviour plays itself out on the public stage. It's a dark picture of life in Hollywood, but Moore, a longtime resident of New York City, says the conduct isn't exclusive to the movie biz.

"I'm sure there can be a certain kind of permissiveness in any business," she says, "on Wall Street and Silicon Valley and in certain socialite circles.

"People try and pin it on Hollywood as the only place it happens, and of course, it's not.

"I only lived in L.A. for a while in the '90s. There was a different quality to socializing than I had ever seen before. I'm pretty bourgeois. I'm not a partier. I don't really go out. But when I moved to L.A., there was a degree of socialization. I was like, 'Whoa, there's a lot of parties out here.'

"I was also single and out in a way I hadn't been before. Very soon after that, I met my husband, we had children and I went right back into my hole."

She does, however, go out from time to time.

"I have a school event later tonight," she laughs as we end the interview.

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first $2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of $7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. ® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

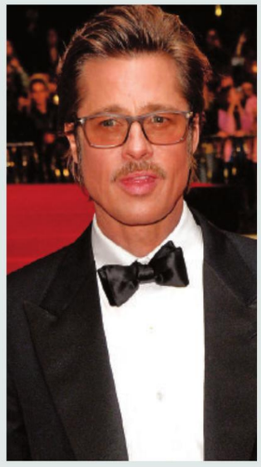
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Brad Pitt's 'career maintenance' tip was a Trojan horse

NED EHRBAR
Metro in Hollywood



OK, here's a fun game. In the latest issue of Details magazine, Brad Pitt is featured in a fancy photo series shot by Mark Seliger, and instead of a full accompanying interview, the magazine dapples the images with some "interesting" quotes by Pitt.

One of them is pretty interesting, actually: "I was once talked into a film for 'career maintenance.' I have not made that mistake since," Pitt says. Which begs the question, which film is he talking about?

While Pitt has generally been pretty good at picking projects, he's gotten really careful since shacking up with Angelina Jolie. But that also coincides nicely with his production company, Plan B, getting more clout. So I'm putting my money on 2004's laughable Troy, an uncharacteristically Big Hollywood choice for Pitt — and one that he looks palpably uncomfortable in.

There's also a slight possibility he's talking about The Mexican, but that film's kind of adorable in its own scruffy way, and Pitt seemed to be having such a good time doing it that I doubt it. I'm still going with the terrible, terrible swords-and-sandals epic misfire.

Hilton's $1M DJ gig has Deadmau5 squeaking

Paris Hilton ALL PHOTOS: GETTY IMAGES

You might've gotten upset about the idea of Paris Hilton getting paid more than $1 million for a DJ set, but you've got nothing on actual DJ Deadmau5. He got so worked up, he had to write a scathing Tumblr post about the whole thing. "Personally, I would pay about as much to see her 'perform' as Indy fans would pay to watch me struggle to get out of first gear and 20 feet off the starting grid in an Indy500 race without ending up in a wreck," he writes. "Get the f– back in your go-kart."

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LIFE 3

Leasing a car can make sense depending on your situation

Lease or finance? If you're leasing just to free up cash for stupid stuff, then you're doing it wrong

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

A friend of mine was telling me he's in the market for a new car.

"Paying cash, financing or leasing?" I asked, not realizing I was about to step into a pile of poop.

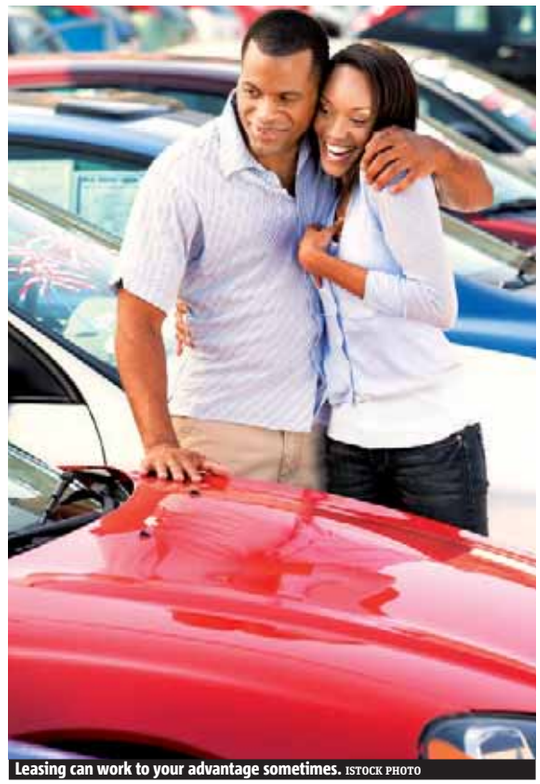
"Lease?!" he shouted, the spittle flying. "And you call yourself a financial whiz."

Actually, I don't. Other people may, but I just consider myself a chick who is sensible with her money. Anyhoo, I said, "So, what do you have against leasing?"

"Well, that's like dumping a whole bunch of money into a vehicle that you'll never own. It's stupid. Like renting."

Whoa now, buddy, renting isn't stupid, and neither is leasing, for the right person and the right reasons. (He might be considered stupid for buying a new car and taking the depreciation hit when he drives it off the lot, but I digress.) Let's look at some facts about leasing, then, shall we?

Fact 1: When you lease, you only pay for the vehicle's depreciation over the term of your lease. To figure this out, take the residual value (the estimated value of the vehicle at the end of the lease term) and subtract it from the total purchase price. This is the amount on which your payments are based, plus the lease (interest) rate you're paying and applicable taxes.



Leasing can work to your advantage sometimes. ISTOCK PHOTO

Fact 2: At the end of your lease, you have the option of either buying the vehicle for the predetermined residual value, or returning it to the dealer. If you return the vehicle, it was like renting the car. If you buy it out, it's more like another form of financing.

Fact 3: A lease will mean substantially lower monthly payments because you are not making any payments on said residual value. That can free up cash flow for other things, like paying down debt that's costing you more in interest. But you will have to come up with the residual value if you want to buy the vehicle at the end of the lease. (Yes, you can refinance the buyout, but that's gonna cost you interest, too.)

Fact 4: You will pay more to lease if you assume the same purchase price, interest rates and total number of payments plus the residual value. What a lot of people don't get is that while you're leasing, you pay interest on the full value of the vehicle, including the residual value. When you use financing, the amount on which interest is being calculated is reduced at a faster rate so you end up paying less.

Fact 5: Leasing can work out to be cheaper. If the interest rate on the lease is lower (or if the financing term is longer), the lease will be less expensive.

With the current trend of up to 84-month financing, the interest costs on loans can outstrip leasing costs. Shop smart. If lease rates are better than financing rates because manufacturers are subsidizing their leases, you'll win on the lease.

Fact 6: Dealers have been known to jack up the price on a vehicle depending on how you plan to finance the purchase. Don't go in declaring how you're going to pay.

As far as the dealer is concerned, you don't have a trade-in, you don't need financing, and you don't plan to lease. You're just pricing out the car.

Who benefits from leasing

If you are self-employed or have a company through which you are running your vehicle(s), leasing may offer a bigger tax payoff than financing.

Or, if you're determined to buy out the vehicle but need some breathing room in your cash flow, leasing can work to your advantage. You'll not only make your monthly lease payments on time, you'll also be socking away the money you need to make the buyout.

If you're prepared to spend a little money to get the best deal ($40), go to carcostcanada.com for the wholesale price on the car you're considering.

Fact 7: It's your job to read and understand your lease, including knowing your mileage and wear limits, overage charges, termination charges, and buyout fees. If you know you drive a lot and the kilometre allowance will be used up in no time flat, reconcile yourself to buying out the vehicle and start saving to do it.

But if you're leasing just to have extra money to spend on stupid stuff, then you're using the strategy the wrong way. Stick with the discipline financing offers. And make sure you stay under 48 months for your loan.

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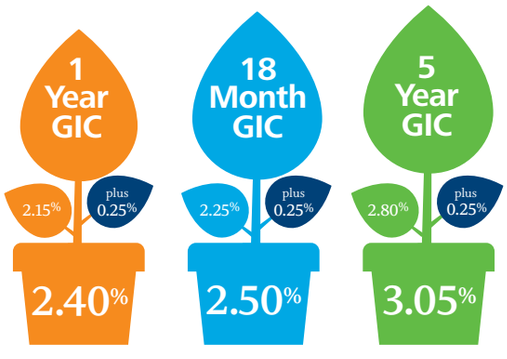

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Lessons from the desert

The whys and the hows get you to the heart of the matter

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

I recently heard Glen Hunt, the chief transformation officer at Cossette, brilliantly describe how to achieve a bold outcome. He explained that most of us, as we work toward a goal, place more emphasis on the 'what' instead the 'how' or 'why'.

"We have the order wrong," says Hunt, who defined the 'how' as the guardrails for our behaviour, and the 'why' as the passion we bring, as well as the deeply rooted motive, to the project.

As I depart to race Antarctica's 250-kilometre ultra-marathon called The Last Desert, I've decided to take this message to heart.

As part of a team of three, our group must start and finish the race together and stay within 10 metres of each other at all times. Another team member and I entered the race as a pair, and then conducted a search to find a third willing to run as part of a team as opposed to solo. In the end we found Michael Gilgen in Switzerland. The focus of the initial recruiting conversation was based on 'what' we were there to try to do — to win.

During the previous three desert races I competed in, I observed that not all the winning teams were the most gifted runners; however, all acted as a single cohesive unit with a high degree of trust, a chain of command, a purpose, and a no-I-in-team selflessness. Although my teammates and I came together with a clear objective, it would be foolish to have these set expectations and make this long journey to the end of the world about winning. That 'what' is more likely to happen if we focus on the 'how' and the 'why' so that we can make the journey extraordinary irrespective of the outcome.

When our team meets in Argentina, we will then sail for two days to Antarctica to race. It will be just enough time to create the 'how', our guardrail of principles, a leadership system and conflict resolution protocols. We will figure out how to interconnect each of our 'whys' so we can tap into all the energy we are blind to and can pour it all into the team.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Rover, Rover, please don't come over

Dear Metro,
My company recently started allowing dogs in the office. Everyone loves it — my colleagues play with the puppies all day. Thing is, I'm just not a dog person. I don't want to be a downer, but it makes me uncomfortable to have animals sniffing my feet while I'm trying to work. Is there anything I can do?

— Dog's Worst Friend

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear DWF,

It's a tough ride for the dog-indifferent. You struggle to squeak out an "aww" when a pup scoots your way. You pet like a robot. People think you have no soul. Which is why this canine invasion might actually be great: Think of it as a chance to leave behind your doggie discomfort like a turd on a stranger's lawn.

If you're staunchly anti-pooch, however, you could propose a territorial solution. Perhaps the dogs could either stay leashed or roam freely in a designated area — far away from you.

Targeted complaints might have more traction. Just because Duchess ate your bagel doesn't mean Rusty was a bad boy. If a specific hound keeps slobbering on your boots, try a polite conversation with its owner. It might make them more attuned to their pet's behaviour.

And if all else fails, get out the tissues and fake an allergy.

Has it been raining cats and dogs on your professional parade? It may be time to ask if Spot's running range can be restricted to a certain area. ISTOCK

Dear Metro,
A colleague I don't really like just added me on Facebook. This person isn't my boss, but they are senior to me. It would be awkward to reject them, but I'm not into the idea of having my personal life tracked. Is there any way out of this?

— I Didn't Come Here to Make Friends

Dear IDCHTMF,

Yes, there is a way out of this: Ignore their request. There's no rule saying that those who attend meetings together must also share vacation photos, so it's completely within your rights to keep your professional life separate from your Zuckerberg life. If it ever comes up, just tell them that you never mix work and wall posts, full stop.

Restricting their access to your profile is another option: Let them be your friend, but don't let them actually see anything.

This spares you the guilt of an outright rejection while also sparing you the embarrassment of having them like that #tbt photo someone posted of your junior-high debate team.

However, no matter who's on your friends list, your profile should be squeaky-clean of anything that could compromise your integrity at work.

When in doubt, assume you're being lurked.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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Revamp meatloaf with global flavours

Mediterranean Turkey Meatloaf Stuffed with Spinach and Feta. A new spin on an old fave

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This meatloaf made with ground turkey is so versatile that you can serve it for a Monday night dinner or an elegant dinner party.

Ground turkey or chicken is a healthier alternative to beef. Four ounces of beef has 300 calories and 20 grams of fat, compared to lean turkey, which contains only 130 calories and seven grams of fat per four-ounce serving.

That's a considerable saving in terms of your calories, fat, cholesterol and heart health. Not to mention your weight!

Turkey is loaded with B vitamins and selenium, an antioxidant necessary for thyroid metabolism. It is, however, most known for tryptophan, an amino acid that triggers serotonin production, which calms you and helps you sleep.

I keep the lean turkey moist in this meatloaf by adding tomato sauce. You can also add ketchup or barbeque sauce.

The Mediterranean filling is what really takes this meatloaf to a more elegant level.

When sliced, the filling is attractive to look at and adds the distinct taste to the milder turkey flavour.

Ingredients

Filling
- 1 cup finely diced onion
- 2 tsp vegetable oil
- 1 tsp minced garlic
- Half package frozen chopped spinach, thawed and squeezed dry
- 1 1/2 oz crumbled feta cheese

Meatloaf
- 1 1/2 lb ground turkey
- 1/2 cup seasoned bread crumbs
- 1 egg
- 1/4 cup finely diced onion
- 1/4 cup tomato sauce
- 1 tsp minced garlic
- 1/2 tsp dried basil
- Salt and pepper

Topping
- 1/2 cup tomato sauce
- 1/4 cup grated mozzarella cheese

This recipe serves six. ROSE REISMAN

Directions

1. Preheat your oven to 425 F. Spray an 8-inch by 4-inch loaf pan with vegetable oil.

2. Filling: In a small skillet sprayed with vegetable oil, sauté the finely diced onions in oil and garlic for 3 minutes or just until tender. Add the spinach and feta cheese.

3. Meatloaf: Combine all of the ingredients until they are well mixed.

4. Pat half the meat into a pan, place spinach topping over top, add remaining meat over top and pat down. Pour tomato sauce over top. Bake for 25 minutes or until internal temperature reaches 165 F.

5. Garnish with cheese.

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Giants go headlong in Game 5

Giants left-fielder Travis Ishikawa fails in his bid to make a diving catch against the Royals during Game 5 of the World Series on Sunday in San Francisco. The two teams entered the contest tied two games apiece. The series shifts back to Kansas City for Game 6 on Tuesday. Game 7 will be played on Wednesday, if necessary. Go to metronews.ca to find out who carries a 3-2 series lead and is one win away from winning the championship.

THEARON W. HENDERSON/GETTY IMAGES

DeRozan signs off on Raptors roster

NBA. All-star marvels at the team's familiar feeling following many off-seasons of turnover

Quoted

"I can be a better leader and push us, probably a quality I didn't have my first couple of years in this league."

The Raptors' DeMar DeRozan says summers spent around the best players in the game have rubbed off on him

The Raptors roster is set; it has an old familiar feeling to it — and as DeMar DeRozan sits and looks around the locker room, one overwhelming feeling hits him.

"What the heck is going on around here?"

DeRozan, along with Amir Johnson, is the team's elder statesman and longest-serving employee and coming back for his sixth year with practically the entire same group as a season ago is both comforting and unusual.

"It feels great, especially for me because I'm used to having 10 or 11 new players coming in every year," DeRozan said after the team went through a light workout at the Air Canada Centre on Sunday.

There are five new players from the end of last season — Lou Williams, James Johnson, Greg Stiemsma and rookies Bruno Caboclo and Lucas Nogueira — but only Williams and Johnson will have prominent roles. To make things even a wee bit easier, Johnson has some familiarity with the team from having been a Raptor two seasons ago.

It's created an air of stability to the roster that is welcomed by all.

"It definitely feels good, especially with the chemistry we had last year, and the success," said DeRozan.

For coach Dwane Casey, not having to acclimate a handful of new players into his system has made for a unique training camp and pre-season in his fourth season with the team.

He still teaches, but it's easier when the majority of the group already has a grounding in his philosophy.

"One thing about it is trying to incorporate the new guys into very important roles is not easy," said Casey. "Lou and James both bring something totally different.

"We had such a good rhythm with the guys coming back but we need Lou and James in the mix. Incorporating them into our rotations, to get them into the rhythm offensively and defensively without messing up the guys coming back from last year, is going to be important for us."

TORSTAR NEWS SERVICE

Oscar Taveras

Cardinals rookie dies in car crash

St. Louis Cardinals outfielder Oscar Taveras died Sunday in a car accident in his native Dominican Republic.

The 22-year-old Taveras made his major-league debut this year. The promising slugger hit .239 with three homers and 22 RBIs in 80 games.

THE ASSOCIATED PRESS

WTA Finals

Serena bounces back to win title

Serena Williams won her third-successive WTA Finals title and fifth overall by beating Simona Halep 6-3, 6-0 on Sunday, avenging an embarrassing group-stage loss to the Romanian player.

Halep easily beat Williams just four days earlier during the group stage of the tournament, but the American turned that around by winning 11 of the last 12 games in the championship match.

THE ASSOCIATED PRESS

NFL

Bills blow out error-prone Jets

Kyle Orton threw four touchdown passes and the Buffalo Bills forced the New York Jets into six turnovers in a 43-23 rout Sunday.

Orton won for the third time in four games for the Bills (5-3).

The Jets (1-7) benched QB Geno Smith, who threw three interceptions in the first quarter, in favour of Michael Vick, who was picked off once and lost two fumbles. THE ASSOCIATED PRESS

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It's the Maple Leafs' hockey horror show

Frightening. Scary home ice record giving fans the creeps

Leafs goalie Jonathan Bernier and Leafs' fans look on as the Boston Bruins celebrate a goal in Toronto on Saturday. NATHAN DENETTE/THE CANADIAN PRESS

Remember the waffles?

That was the 2010-11 season when angry, upset Leafs fans were throwing their breakfasts on the ice at the Air Canada Centre, the teams was so bad at home.

This year, it's jerseys. Two of them anyway, getting tossed to the ice in disgust so far this season.

The Maple Leafs, for whatever reason, are horrible on home ice. They are 1-4-0 at the Air Canada Centre, losing three times by at least three goals.

The fan base is angry.

"What good is a win when you can't muster one in front of your fans? This is just tragic," said one angry fan on Twitter. "I encourage fans to boo."

This comes in a year where the team is trying to make a discernible effort to make the Air Canada Centre a tough place for the opponent to play. Historically, that's been a problem for the Maple Leafs, who have a .489 win percentage in the home building between 2005 and last season — fourth-worst among the league's 30 teams.

Indeed, the only team for which the Air Canada Centre is tough to play in is the Maple Leafs.

"There are some nerves coming into this building," says winger Joffrey Lupul. "It's quiet. It's one of the quietest buildings in the league. And it can quickly turn bad.

"I don't think guys necessarily take offence to getting booed. Guys can handle that. If you play poorly, you expect to get booed. People pay their money. We want to get it to a place eventually where they cheer, too."

Since the 2004-05 lockout, the Leafs have been anything but fine at home. Between 2005-06 and last season, the Leafs won 172 of 352 home games (a .489 win percentage). They lost 133 in regulation, and lost another 47 in overtime or a shootout. Their 391 points in that time gives them the fourth worst home record in the NHL over that span, ahead of Winnipeg-Atlanta, the New York Islanders and Edmonton.

The Leafs have played only seven playoff games in that span, tied for the second fewest in the league in that span with Florida, and three games up on Atlanta. THE CANADIAN PRESS

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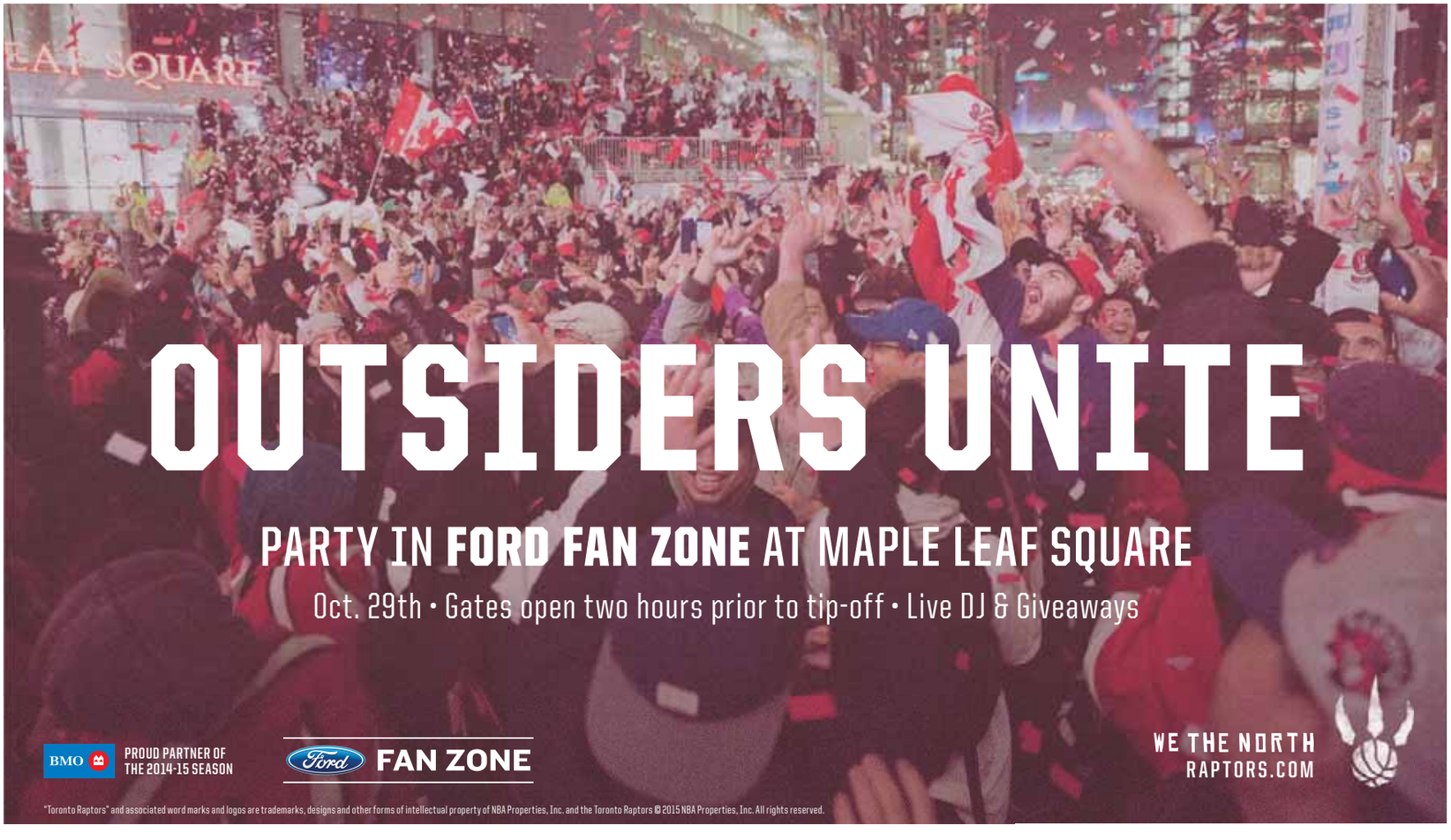
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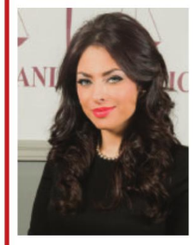

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Half of you wants to be sociable but the other half wants to shun the limelight. Dedicate the day to meeting people and the nighttime to enjoying solitude.

♉ Taurus
April 21 - May 21
The problem you will be faced with over the next few days is really quite simple, which means the answer must be simple too. Don't complicate it.

♊ Gemini
May 22 - June 21
Neptune's negative influence is eroding your confidence and exposing you to fears that really are not warranted. Fortunately, your current negative state of mind is unlikely to last.

♋ Cancer
June 22 - July 23
If you measure success in terms of winning and losing then, inevitably, you will never be truly satisfied. Real success means being a better person today than you were yesterday.

♌ Leo
July 24 - Aug. 23
Why do you fear that if you don't act now you will never get another chance? You will always get another chance, so lighten up and live in the moment.

♍ Virgo
Aug. 24 - Sept. 23
According to the planets you need to be a bit more assertive and arrogant in your approach to life. Too often you act as if you believe you don't deserve to be the one who wins.

♎ Libra
Sept. 24 - Oct. 23
Put others' needs first over the next 24 hours. A good deed done today will come back to you several times over before the end of the year.

♏ Scorpio
Oct. 24 - Nov. 22
What happened to all those promises you made to yourself earlier in the year? You are now in the ideal position to do something about them.

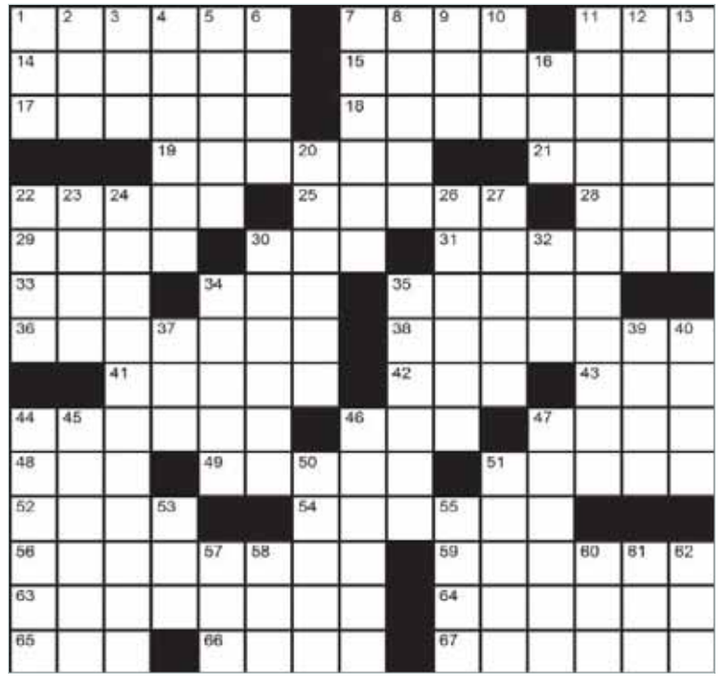
♐ Sagittarius
Nov. 23 - Dec. 21
You may feel that a situation is getting out of hand but is it as bad as you fear? Probably not. Sometimes you fear the worst even when you have every reason to expect the best.

♑ Capricorn
Dec. 22 - Jan. 20
Those who oppose you will place all kinds of obstacles in your path over the next few days but you will smash through them all with ease.

♒ Aquarius
Jan. 21 - Feb. 19
Don't let money worries detract from what promises to be an excellent week. There is nothing you can do to change the situation at the moment, so put it out of your mind.

♓ Pisces
Feb. 20 - March 20
The reason you feel stuck is because you don't have a clear idea of what you are aiming for. Your first task today is to identify your goal and draw up a plan that will take you to it.

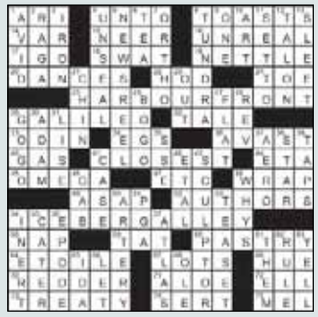
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Language of the Metis people
7. Catch a glimpse
11. __-relief (Sculpture type)
14. Ms. Andress of "Dr. No" (1962)
15. Alberta town
17. In a dismal manner
18. Maestro Fresh Wes smash: "Let Your __ Slide"
19. Rally to action
21. Comparable
22. Postpone
25. Follow...
28. Arrange
29. __ Wynne Stadium (Tiger-Cats field, formerly)
30. "Married... with Children" mom
31. Careless
33. Terrain-y prefix
34. Calendar mo.
35. Neck, slang-style
36. Zeals
38. Posh hairstyle
41. Flare
42. Cowboy's command
43. Wedding promise: 2 wds.
44. Made Figure 8s
46. Max. opposite
47. Combing problem
48. A.A. Milne play, Mr. __ Passes By
49. English diarist, Samuel __ (b.1633 - d.1703)
51. Greek alphabet's 'S'
52. Agents [abbr.]
54. Valcourt, QC born founder of Bombardier, Joseph-__ Bombardier
56. Prince Edward __ (Atlantic Canada denizen)
59. Make do
63. Environmental activist Ms. Berman, born in London, ON
64. HMS __ (Franklin Expedition ship)
65. '_' __ in Zed
66. Lion lairs
67. Most tricky

Down
1. Coffee cup
2. Out of the ordinary, for short
3. CBS series, commonly
4. Toronto college/river
5. More well ...not!
6. Cardston, Alberta born actress Ms. Wray's (b.1907 - d.2004)
7. Declining
8. Department store
9. Early-'80s song: "__-Man Fever"
10. Laughter sound
11. Author's promotional event: 2 wds.
12. Pistol __ (Country music group)
13. Surgically-inserted 'tubes'
16. Financial deg.
20. __-weensy
22. "___ Pony" by The Beatles
23. Bryan Adams' "Have You __ Really Loved a Woman?"
24. Grocery store's free bites: 2 wds.
26. Sea __ (Aquatic creature)
27. Frightening
30. Event for a marching band
32. Maclean's, e.g.
34. Orange __ (Drink)
35. Division in a group
37. Select
39. Khloe's ex Lamar
40. "___ chance!" (Never!)
44. Apply hairspray
45. 'Sound of a Woman': New album by what Calgary-born singer/songwriter?
46. Christmas resins
47. Type of bean
50. Praiseful hymn in ancient Greece
51. Canine's choleric caution
53. Maple syrup origin
55. Souls: French
57. Zzzzz... Land of __
58. Rap Dr.
60. Pres. Lincoln
61. Mr. Van Sant of movies
62. East: French

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

6	9	7	8	3	2	1	4	5
2	5	3	6	4	1	7	8	9
4	1	8	5	7	9	3	2	6
1	8	6	7	5	3	2	9	4
5	3	4	9	2	8	6	1	7
9	7	2	4	1	6	5	3	8
7	2	5	1	9	4	8	6	3
8	4	1	3	6	5	9	7	2
3	6	9	2	8	7	4	5	1

Conceptis SudoKu
By Dave Green

		8		7			5	
	5				9			4
7			3			6		
		7	8	3			4	
4			1	9	5			2
	3			4	2	5		
		3			4			6
9			2				8	
	4			8		3		

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